

## What's New at People's Market?

### More Ways to Save with Co+op Basics

Looking to stretch your grocery budget? So are we! That's why we're pleased to offer People's "Co+op Basics" program. Co+op Basics offers everyday low prices on many popular grocery and household items. From peanut butter to beans and tomato sauce to olive oil, you'll find value-priced brands as well as low prices on some of your everyday favorites. For savings on Co+op Basics products, look for the purple and white Co+op Basics sign!



#### Grocery

**Grandy Oats – Organic Grain-Free Coconola:** This grain-free, coconut-based organic granola is loaded with cashews, pecans, seeds, and coconut chips. It's made in small batches at Grandy Oat's solar-powered bakery and just like the sun, Coconola provides you with the sustained energy you need to power through your adventures. Featuring Fair Trade certified ingredients. Gluten-free. **Organic Chocolate Chunk Coconola and Organic Hemp Coconola new, too!**

**Forager Project – Organic Grain-free Os Chocolate Cereal:** Follow your cravings and fill up your bowl with rich, chocolatey, organic cereal goodness. Low in sugar – 4 grams per serving – but loaded with healthy energy-boosting nutrition. **Organic Grain-free Os Plain Cereal new, too!**

**88 Acres – Organic Roasted Pumpkin Seed Butter:** Packaged in a convenient 1.16 oz. pouch, this nutritious seed butter is just the right size for snacking on the go. Nut free.

**Marcie's Sweets - Organic Vegan White Baking Chips:** Just in time for holiday baking, these vegan white chocolate chips are made with four simple organic ingredients: cacao butter, raw cane sugar, quinoa, and vanilla.

#### Perishables

**American Flatbread – Vegan Harvest Pizza:** Enjoy the delicious taste of herbs, garlic, and a 'just like homemade' tomato sauce on this vegan pizza, smothered with dairy-free cheese that melts perfectly. Featuring organic ingredients.

**Franklin Farms – Organic Original Tempeh:** A good source of plant-based protein, tempeh has a firm texture and tasty nutty flavor. It's also incredibly versatile and can be used as an alternative in most meat-based recipes.

**GT's – Organic Sacred Life Kombucha:** This smooth tasting kombucha is made with raw coconut water and silky blue spirulina, that's finished off with fresh pressed ginger. This is GT's 25th Anniversary Kombucha and it's definitely worth celebrating!

**La Tortilla Factory – Sonoma Gluten Free Ivory Teff Wraps:** Made with whole grain ivory teff and millet flour these tortilla wraps and are a great source of fiber and are a perfect substitute for pizza crusts, sandwich breads, chips or hamburger buns. Heat and enjoy for optimal flavor and texture.

#### Body Care

**Moon Valley Organics – Siberian Fir Herbal Body Wash:** A softening and moisturizing body wash featuring organic ingredients and formulated with Siberian fir, pine, and cedar wood essential oils. **Lavender Herbal Body Wash and Lemon Rosemary Body Wash new, too!**

#### Did You Know?

People's member-owners are eligible for a 10% case discount on many of your favorite products! Please see any employee for details.



## Body Care & Wellness

Griffin Remedy - No Further Discount

### All Griffin Remedy Products 15% Off

Includes body lotions, foaming hand soap moisturizing body bar soaps, shampoos, conditioners, shower gels, and creamy body washes.

Gabriel Cosmetics - No Further Discount

### All Gabriel Cosmetic Products 20% Off

Includes lipsticks, lip glosses, nail polishes, mascaras, eyeliners, blushes, and more!

Saavy Naturals - No Further Discount

### All Saavy Naturals Products 20% Off

Includes liquid hand soaps, assorted bath bombs, and hand sanitizer.

Emerald Health Bioceticals - No Further Discount

### All Emerald Health Products 15% Off

Advanced support for your endocannabinoid system that goes beyond CBD. Includes Endo Brain, Endo Calm, Endo Sleep, and more!

Probulin - No Further Discount

### My Little Bugs Total Care Probiotic 15% Off

All Probulin Products 15% Off - Includes Daily Care, Colon Support, Women's Health, Daily Digestive Enzymes, and more!

Wish Garden - No Further Discount

### All Wish Garden Products 20% Off

Includes Kick-Ass Allergy, Kick-Ass Immune, Kick-Ass Sinus, Serious Cough, and more!

## Bulk Herbs & Spices

Frontier Co-op - Organic

### Pumpkin Pie Spices \$28.95 lb. reg. 35.95 lb

Pumpkin pie spice is both versatile and flavorful. This special blend of spices enhances many dishes besides pumpkin pie with its exciting aroma and unique flavor. Mix some in with squash soup, ice cream, cheesecake or almost any other dessert. It's great in beverages, too—add some to your next cup of coffee. Or mix it with syrup in autumn for a seasonal touch.

## General Merchandise

Saavy Naturals

### Coconut Wax Candle burns for 37 hours \$10.95 reg. 13.95

Bulgarian Rose, Plumeria Violet, Tahitian Vanilla, Jasmine varieties.

Tinplate

### Nutmeg Grater 5.5 inch \$3.95 reg. 4.95

Stainless steel - designed with four-pronged micro blades that produce fine shavings.

Shoyeido

### Autumn Leaves Incense 35 sticks \$1.95 reg. 2.95

A blend of cinnamon and sandalwood captures the mood and beauty of a fall day.

**Deli/Bakery**

**Fig & Fennel Salad**

**\$7.49** per pound reg. 8.49

**Deli items feature Organic ingredients**

**Pumpkin Bread Ho Hos**

**\$7.99** per pound reg. 8.49

**Bulk**

**Grain Millers - Organic!**

**Quick Rolled Oats**

**99¢** per pound

reg. 1.39 **You Save .40**

**Mountain High**

**Organic Black Beans**

**\$1.99** per pound

reg. 2.25 **You Save .26**

**Organic Pecan Halves**

**\$11.99** per pound

reg. 16.99 **You Save \$5**

**Shredded Coconut**

**\$2.49** per pound **Organic!**

reg. 3.35 **You Save .86**

**Organic Green Lentils**

**\$1.99** per pound

reg. 2.49 **You Save .50**

**Grocery & Household**

**Back to Nature**

**Organic Crackers**

Assorted varieties

**2 for \$6** 6 oz.

reg. 3.89 each **You Save .89 each**



**Milkadamia**

**Macadamia Milk**

Assorted varieties

**2 for \$7** 32 oz.

reg. 5.19 each **You Save \$1.69 each**



**Eden**

**Ume Plum Vinegar**

A salty, tangy, ruby red vinegar

**\$3.49** 10 oz.

reg. 4.25 **You Save .76**



**Lakewood - not from concentrate!**

**Organic Bottled Juice**

Pure Lemon, Pure Lime

**\$2.99** 12.5 oz.

reg. 3.99 **You Save \$1**



**Primal Kitchen - made with avocado oil**

**Marinara Sauce**

Roasted Garlic, Tomato Basil

**\$6.49** 24 oz.

reg. 8.39 **You Save \$1.90**



**Seventh Generation**

**Dish Liquid**

Assorted varieties

**\$3.49** 25 oz.

reg. 4.85 **You Save \$1.36**



**Perishables**

**Cascadian Farm - Organic!**

**Frozen Fruit**

Assorted Berries, Peaches

**2 for \$6** 8 - 10 oz.

reg. 4.59 each **You Save \$1.59 each**



**Bitchin' - This Dip is Nuts!**

**Sauces & Dips**

All varieties

**\$3.99** 7 - 8 oz.

reg. 6.49 - 6.69 **You Save \$2.50 - \$2.70**



**This Dip is Nuts is Organic!**

**Kevita**

**Organic Sparkling**

**Probiotic Drink**

**2 for \$5** 15.2 oz

reg. 3.49 each **You Save .99 each**



**Straus Family Creamery**

**Organic Yogurt**

All varieties except Greek

**\$4.99** 32 oz.

reg. 5.59 **You Save .60**



**Organic Valley**

**Organic Raw Cheese**

Mild Cheddar, Sharp Cheddar

**\$4.99** 8 oz.

reg. 5.99 - 6.29 **You Save \$1 - \$1.30**

**Pasteurized, Mozzarella on Sale, too!**



**Prices on Specials  
While Supplies Last**

# November 16 -30

coop™ deals

## Deli/Bakery

**Cashew Cranberry Quinoa**

**\$7.49** per pound reg. 8.49

Deli items feature Organic ingredients

**Go Take a Hike Cookies**

**\$9.99** per pound reg. 10.49

## Bulk

**Grain Millers - Organic!**

**Quick Rolled Oats**

**99¢** per pound

reg. 1.39 You Save .40

**Mountain High - Organic!**

**Cannellini Beans**

**\$2.99** per pound

reg. 4.25 You Save \$1.26

**Organic Pecan Halves**

**\$11.99** per pound

reg. 16.99 You Save \$5

**Shredded Coconut**

**\$2.49** per pound **Organic!**

reg. 3.35 You Save .86

**Turkish Apricots**

**\$3.49** per pound **Organic!**

reg. 5.49 You Save \$2

## Grocery & Household

Once Again - no salt added

**Organic Peanut Butter**

Creamy, Crunchy

**\$5.99** 16 oz.

reg 8.49 You Save \$2.50



Late July - Organic!

**Classic Rich Crackers**

Flaky, buttery-tasting toasted flavor

**2 for \$5** 6 oz.

reg. 2.99 each You Save .49 each

**Napa Valley**

**Organic Olive Oil**

Extra Virgin - medium bodied flavor

**\$9.99** 25.4 oz

reg. \$13.99 You Save \$4



**Equal Exchange - Organic!**

**Hot Cocoa Mix**

Just add hot water

**\$5.99** 12 oz.

reg. \$7.59 You Save \$1.60



**Pukka**

**Organic Tea**

Assorted varieties

**\$3.99** 20 tea bags

reg. 5.75 You Save \$1.76



**Ecover**

**Dish Liquid**

Assorted varieties

**\$2.49** 25 oz.

reg. 3.89 You Save \$1.40



## Perishables

**Alden's Organic**

**Organic Ice Cream**

All varieties

**\$5.99** 1.5 quart

reg. 7.79 You Save \$1.80



**Cascadian Farm - Organic!**

**Frozen Vegetables**

Select varieties

**\$2 - \$2.50** 10 - 16 oz.

reg. 2.99 - 3.39 You Save .99 - .89



**So Delicious - Dairy Free!**

**Cocowhip**

Features Organic ingredients

**2 for \$7** 9 oz

reg. 3.99 each You Save .49 each



**Wholly Wholesome**

**Organic Pie Shells**

Traditional, Whole Wheat

**\$4.99** 2 shells / 9" each

reg. 5.99 - 6.59 You Save \$1 - \$1.60

Non-Organic Gluten-Free Pie Shells on Sale too!



**Immaculate - Organic**

**Ready to Bake**

Flaky Biscuits, Crescent Rolls, Cinnamon Rolls

**\$3 - \$3.99** 8 - 17.5 oz.

reg. 4.99 - 5.79 You Save \$1.99 - 1.80



Prices on Sales While Supplies Last

Submit Your Email to Any Cashier to Receive Sales, News & Updates